



Monroe County School System Trend Report CSH Overview Summary

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the Monroe County School System.

CSH Infrastructure Established

An infrastructure for CSH has been developed for the Monroe County School System that includes:

- School Health Advisory Committee
- Thirteen Healthy School Teams
- School Health Policies strengthened or approved include a wellness policy and family involvement policy.
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA since 2001 totals more than \$1,249,363.

Community partnerships have been formed to address school health issues. Current partners include:

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| ➤ Monroe County Health Council | ➤ UT Extension |
| ➤ Monroe County Health Department | ➤ Monroe County Dental Clinic, |
| ➤ Monroe County Drug and Alcohol Task Force | ➤ Chota Community Health Services |
| ➤ Boys and Girls Clubs of the Monroe Area | ➤ Get With It |
| ➤ Monroe County Teen Pregnancy Task Force | ➤ Volunteer State Health Plan |
| | ➤ Americhoice Community Health Plan |
| | ➤ Cherokee Mental Health |
| | ➤ Monroe County EMS |
| | ➤ YoungLives Monroe County |

Parent and Student Involvement Developed

Parents are involved in numerous CSH activities that include Back to School Healthfest, Healthy School Teams, WHAM (Wellness in High schools Across Monroe), walk-a-thons, community celebrations, and coalition involvement. Currently, 50 parents are collaborating with CSH.

Students have been engaged in CSH activities including assisting with Back to School Healthfest, WHAM, SADD Clubs, STARS classes, YouthCan, and other student-led health initiatives. Approximately 200 students are partnering with CSH to address school health issues.

School Health Interventions

Since CSH has been active in the Monroe County School System, the following health interventions have taken place:

In 2010, 9727 screenings were done on students including hearing, vision, BMI, blood pressure, dental, and scoliosis. Of those screened, 1528 were referred on to another healthcare provider. Since the inception of CSH in the Monroe County School System in 2001, a total of 65,043 screenings have been provided, with 9,232 receiving referrals to other healthcare providers;

Students have been seen by a school nurse and returned to class. Data indicates a consistent return-to-class rate of approximately 94% for students seen by a school nurse in Monroe County since 2001. In 2011, Monroe County has a student-to-nurse ratio of 1:375;

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA. Although Monroe County's rate of overweight and obese students has maintained around 48% for several years, improvements have been shown among various sub-groups.

For example, 6th grade students have been shown to have a decrease in their average BMI, falling from 22.9 in 2005 to 21.9 in 2010. This change helps account for the increase in average BMI we are seeing in students entering kindergarten. In 2005, average BMI of kindergarten students was 16.87 and had increased to 17.05 in 2010. Though this change may seem insignificant, it means much more work must be done in order to ensure that our students maintain a health weight throughout childhood so they may lead healthier lives;

Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include walking trails, physical education equipment, health education materials for school counselors, salad bars for various schools, clinic equipment;

Professional development has been provided to school health staff, counselors, physical education teachers, nurses, and other school staff. Examples include: CPR certification, bullying prevention education, and medical education;

School faculty and staff have received support for their own well-being through health screenings, staff wellness fairs, and wellness classes.

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions – Michigan Model health curriculum provided to all K-8 counselors, partnerships with Monroe County Health Council and Health Departments to offer periodical health education classes throughout the county;
- Physical Education/Physical Activity Interventions – walking trails at numerous schools and improved physical education equipment;

- Nutrition Interventions – Tasty Tuesdays, salad bars available to students at multiple schools;
- Mental Health/Behavioral Health Interventions – mental health counselors available at all schools.

School health clinics make it possible for our students and staff to have access to a nurse practitioner for health services. Twelve of our schools have school based clinics.

In such a short time, CSH in the Monroe County School System has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement.

For more information concerning Coordinated School Health (CSH), please contact the Coordinator.

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